

## Food Bytes

### *Make the Grade with School Breakfast*

Do you eat a healthy breakfast every day?  
Did you know it could help you in school?  
Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. All students can participate.

March 2-6 is National School Breakfast Week (NSBW). The 2015 NSBW theme, *"Make the Grade with School Breakfast"*, reminds everyone that a healthy school breakfast sets students up for a day of learning. Fit, healthy students are ready to learn.

**Nutrilinks:** For NSBW info and resources, visit [www.schoolnutrition.org](http://www.schoolnutrition.org). For more info on school breakfast in our state, visit <http://childnutrition.ncpublicschools.gov>.

## Menus for March 2015

[Insert name of Local Education Agency] Schools

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12	Friday, March 13
Monday, March 16	Tuesday, March 17	Wednesday, March 18	Thursday, March 19	Friday, March 20
Monday, March 23	Tuesday, March 24	Wednesday, March 25	Thursday, March 26	Friday, March 27
Monday, March 30	Tuesday, March 31			
				

## March

- National Nutrition Month
- National Agriculture Week (March 16-20)
- National School Breakfast Week (March 2-6)



Developed by School Nutrition Services, N.C. Department of Public Instruction.  
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